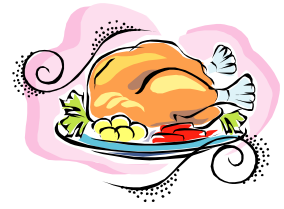




# NMCRS Portsmouth Newsletter

November 2006



Issue 1

## Greetings From Our HCOV



Marilynn S. Cullison, Honorary Chairman of  
Volunteers

I'm happy to be the honorary chairman of volunteers for such a great group. Although I haven't met all of you yet, I've been thrilled to see the number of NMCRS Portsmouth office volunteers multiply. Each and every one of you

is remarkable and wonderful. Bree and Jessica have asked me to tell you about myself in the inaugural newsletter.

I met my husband, now Rear Admiral Cullison, when he was in Medical School and I was in Nursing School in Indiana. After our graduation(s) and wedding, we moved to San Diego. My husband completed his training and held several positions at Camp Pendleton and San Diego, I worked as a nurse, received my Master's Degree in Nursing and our children were both born while in San Diego County. We have since been stationed here at Naval Medical Center Portsmouth, at Naval Hospital Camp Lejeune, in Honolulu, Hawaii and most recently in Washington, D.C. where my husband was The Medical Officer of the Marine Corps. Although I'm not presently employed, I'm proud to be a nurse and have continued my nursing career with each change in duty station. Our kids are both in college and we truly enjoy living here aboard Navy Medicine's First and Finest.

It's a pleasure to work with all of you.  
Keep up the great work!

### Newsletter Sneak Peak

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## Tips From the Visiting Nurses

Cold and Flu Season is upon us! Here is some helpful info and advice on keeping healthy this year.



**Handwashing:** This is still the most effective way to prevent infection! All the antiseptic hand wash and antibacterial soap you see everywhere is helpful, but please be aware of a few things. Namely, colds and flu are caused by VIRUSES, which are not affected by **antibacterial** products! VIRUSES are most effectively combated by a combination of a cleaning agent, running water, and vigorous friction. Try to wash hands for a couple of minutes, or the time takes to say the alphabet twice, singing happy birthday, or say the Lord's Prayer! Then, use a paper towel to turn the water off... and when you are in public places, think twice about using handrails, door handles, and shopping carts, and then touching your face or eyes.

**Flu shot info and recommendations:** from the Center for Disease Control  
<http://www.cdc.gov/flu/protect/keyfacts.htm>

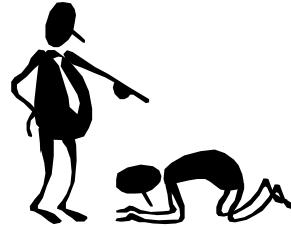
So, take good care..... Wash those hands, and stay healthy!

Sue and Lisa

## ***Sarah Says:***

Welcome to our first monthly newsletter. If you have any suggestions/comments or articles please contact your COV's. We encourage and seek your input, it's your newsletter and as you know we couldn't do this without you. In this, our first issue, we would like to recognize all of the volunteers that we have welcomed to the Portsmouth Team during 2006:

Bree Burns: COV/Casework  
Christopher Kopf: Reception, Publicity and general dogs body (We love you Chris!)



Charles Hollingsworth: Publicity  
Stephanie Lockhart: Casework  
Tyree Brundage: Casework  
Tamika Owens: Reception  
Pamela Schuyler: Reception  
Carrie Calvin: Casework  
Marilyn Cullison: HCOV

Together with our existing staff and volunteers we have become an important and much appreciated resource for this NMCP command and most importantly our Sailors and Marines. The society, and myself, is indebted to you all. Thank-you for all that you do ☺

You are what makes us the "First and Finest"

Semper Fi!  
Sarah

## Upcoming Events and Holidays

### November

- **5<sup>th</sup> Ann Questore's B-day**
- 9<sup>th</sup> Closed @ 12:00
- **10<sup>th</sup> Closed – 231<sup>st</sup> Marine Corps B-day**
- 11<sup>th</sup> Veteran's Day
- 15<sup>th</sup> New Area Trainer visits
- 22<sup>nd</sup> Closed @ 12:00



- **23<sup>rd</sup>-24<sup>th</sup> Closed (Turkey Day)**  
**We will reopen at 8:30 on the 27<sup>th</sup>.**
- 30<sup>th</sup> Staff Meeting @ 1:00 (look at the Staff Meeting article for details)

### December

- 1<sup>st</sup> - Volunteer Appreciation at the Admiral's house @ 5:30
- **14<sup>th</sup> - Jessica's B-day**
- 15<sup>th</sup> - NMCRS Area Holiday Party



- **25<sup>th</sup> Closed Christmas Day**
- 26<sup>th</sup> reopen @ 12:00

## Holiday Staff Meeting

It is that time of year again! Yes, the holidays are upon us and that means lots of food, presents, and decorating.

During our November Staff meeting we will be having a Potluck luncheon and decorating the office. Please let the COVs know which of your favorite dishes you will be bringing. After the meeting, we will bring out the tree and transform the office into Santa's village. (Sarah will be the Elf!)

This year we are asking each person to bring in a decoration for the tree. We are also having a voluntary gift exchange (\$15-\$25). Please bring in your wrapped gifts and place them under the tree. The presents will be opened during the Christmas/New Years Party on Jan. 26<sup>th</sup> (details on that party will be in upcoming newsletters). We would like everyone to participate, but if you can't, we hope to see you Dec. 1<sup>st</sup> or Dec. 15<sup>th</sup>.



## Spotlight On



Jessica Kopf  
**Volunteer of the Quarter**

Jessica has been chosen by her peers to be NMCRS Portsmouth Volunteer of the Quarter for July through September. Jessica joined NMCRS in September 2005 while her husband was deployed to Iraq. She was initially drawn to the society because volunteering provided the opportunity to sharpen her clerical skills while being reimbursed for childcare. It also provided adult companionship during a difficult time.

Jessica started where all volunteers do, the reception desk. It was there that Jessica's computer skills were first noticed. She was soon tasked with creating a Power Point Presentation on predatory lenders for the local commands. This presentation was so good it was submitted to Headquarters and is now in use throughout the society.

Jessica has since completed her Level II caseworker training and is working towards her Level III. She has also been appointed Portsmouth's Co-Chairman of Volunteers. Jessica currently lives in VA Beach with her husband, Chris, and two sons. Since his return from deployment, Chris has become one of our treasured volunteers.

### COV's Corner

We would like to remind everyone to provide us with your current personal information, including birthdays and email addresses. Thanks!!

Bree & Jessica

# Cut us out and add us to your

## Pumpkin Patch Cheese Cake

This dessert combines cream cheese and canned pumpkin, plus spices, egg and sweetened condensed milk in a graham crust.

### Ingredients:

- 8 oz. cream cheese, softened
- 14 oz. sweetened condensed milk
- 1 egg, beaten
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- ¼ tsp. cloves
- 15 oz. can pumpkin
- 9 inch graham cracker crust

### Method:

1. Beat softened cream cheese until it is fluffy.
2. Slowly add sweetened condensed milk until mixture is smooth.
3. Add beaten egg, mix well.
4. Add ½ tsp. of the cinnamon, all of the nutmeg, and cloves; mix well.
5. Add pumpkin, mix well
6. Pour better into piecrust. Sprinkle remaining cinnamon on top of pie.
7. Bake at 300 degrees for 55-60 minutes or till set. Cool completely, then chill before serving

Number of servings: 8

## Mixed Berry Cobbler

A warm dessert of fresh mixed berries bakes over a pastry crust.

### Ingredients:

- 1 cup fresh/frozen raspberries
- 1 cup fresh/frozen blueberries
- 1 cup fresh/frozen sliced strawberries
- 1 ½ cup sugar, divided
- 1 cup all-purpose flour
- ½ tsp. baking powder
- ½ tsp. salt
- 1 cup milk
- ½ cup butter

### Method:

1. Preheat oven to 375 F. Combine raspberries, blueberries, and strawberries in med. Bowl. Add ½ cup sugar; mix gently
2. Combine flour, remaining sugar, baking powder and salt in med. bowl; mix well. Add milk; beat until smooth, about 2 min.
3. Place butter in a med. baking dish in oven to melt butter; remove from oven. Spoon batter evenly over melted butter.
4. Spoon berries over batter; do not stir. Bake for 20 min. or until golden brown. Serve cobbler warm or at room temperature.

Number of servings: 6